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grams of water during a five minute absorption period when the temperature of the water ranges from about 35° F. to about 70° F.

32. The method of claim 29, wherein the cooked egg-based product exhibits freeze/thaw stability.

33. The method of claim 29, the method further comprising incorporating pieces of supplemental food into the egg mixture.

34. The method of claim 1, wherein the egg component of the egg-based substance ranges from 65 weight percent to about 99.5 weight percent of the egg-based substance, based on the total weight of the egg-based substance.

35. The method of claim 1, wherein the egg component is a natural liquid egg component, and the egg-based material includes greater than 70 weight percent of the natural liquid egg component, based on the total weight of the egg-based material.

36. The method of claim 14, wherein the egg component of the egg-based substance ranges from 65 weight percent to about 99.5 weight percent of the egg-based substance, based on the total weight of the egg-based substance.

37. The method of claim 14, wherein the egg component is a natural liquid egg component, and the egg-based material includes greater than 70 weight percent of the natural liquid egg component, based on the total weight of the egg-based material.

38. The method of claim 21, wherein the egg component is a natural liquid egg component, and the egg mixture includes greater than 70 weight percent of the natural liquid egg component, based on the total weight of the egg mixture.

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39. The method of claim 25, wherein the egg-based substance includes an egg component ranging from 65 weight percent to about 99.5 weight percent of the egg-based substance, based on the total weight of the egg-based substance.

40. The method of claim 39, wherein the egg component is a natural liquid egg component, and the egg mixture includes greater than 70 weight percent of the natural liquid egg component, based on the total weight of the egg mixture.

41. The method of claim 29, wherein the egg component is a natural liquid egg component, and the egg mixture includes greater than 70 weight percent of the natural liquid egg component, based on the total weight of the egg mixture.

42. The method of claim 15, wherein the cooked water-absorbent material comprises bread crumbs that absorb the free water of the natural liquid egg component.

43. The method of claim 21 wherein one gram of the thickening agent is capable of absorbing at least about 1.5 grams of water during a five minute absorption period when the temperature of the water ranges from about 35° F. to about 70° F.

44. The method of claim 21, wherein the fried egg-based product exhibits freeze/thaw stability.

45. The method of claim 25 wherein one gram of the thickening agent is capable of absorbing at least about 1.5 grams of water during a five minute absorption period when the temperature of the water ranges from about 35° F. to about 70° F.

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